

“A mind of the caliber of mine cannot derive its nutriment from cows.”

- George Bernard Shaw, playwright, Nobel prize 1925



## Editor's Voice - "Trees of Knowledge of Good and Evil"

The story of Adam and Eve goes like this: there were two special trees in the Garden of Eden, the 'Trees of Knowledge of Good and Evil' and the 'Trees of Life'. God told Adam not eat from the 'Trees of knowledge of Good and Evil'. Eve was persuaded by a serpent to taste the forbidden fruit. She shared some of the fruit with Adam as well. On tasting the fruit, their eyes were opened, and they realised they were naked. They sewed fig leaves to make cloths to cover their nakedness. When god came later, He asked them, "How did you know you were naked?" Adam said, "It was Eve's fault; she gave me the fruit. "Eve said. " It was the serpent's fault; he tempted me. "The serpent had no one else to pass the buck to. God punished the serpent by making it crawl on the earth; the woman was given the pain of childbirth; and the man was given hard work as his punishment. Then god commented, "These people now know the difference between right and wrong, just as we do".

Myths and parables are not necessarily

true, but yet they tell the truth.

It was meant to teach us that animals have no moral issues and that their discrimination is purely born out of their instincts. When it comes to killing for food, or mating, or protecting their young, there are no moral issues in the animal kingdom. Growing up in a knowledgeable and moral society, we learnt the different between Good and Evil.

If, after knowing what is good and what is Evil, a man still does not follow it, then it becomes a sin. It is fall of man. On the contrary, if he lives his life embracing the good and avoiding the evil, then his life becomes virtuous. It is the ascent of man. The main difference between humans and the rest of the animal world is just moral sense.

Paul Bragg, in his famous cookbook, stated: "The average person is poisoning himself day by day with the food he eats. Most people eat with their eyes. If the food looks good, they do not question whether it is healthy or death-dealing. Few people know the right kind of food to put into their

bodies to keep them well and strong or take the time to select this food if they do know. From birth to old age the average individual never experiences the taste of real natural food. Our tiny sensitive taste buds have been for generations so polluted by unnatural, artificially seasoned and stimulating foods that most of us are unable to appreciate the fine, delicate flavor of the natural foods. Then, he adds, "Civilized man is not satisfied with the food the Maker has supplied him and must do something with it before he feels it is fit for him to eat."

The old adage is almost literally true: Millions are digging their graves with their teeth.

I love this quote " God gave us fruits and vegetables for us to live, Satan gave kitchen for us to die". Veganism is the moral test for us to be good to animals.



### Volunteers Required

To inspect the film shooting as per AWBI guidelines. Please contact pramod@arfindia.org

## Helpline Activities



This dog was admitted to our shelter. The dog has Scrotal Adhesions with infection of the scrotum also four holes near the urethra filled with maggots. The maggots were removed and the dog was treated for wound healing and its stabilization. Now the dog is recovering at the shelter and once the wound gets healed this dog will be fit for adoption. Please donate for its speedy recovery.

This dog was brought to shelter for its big Mammory Tumor hanging from its abdomen. It was in pathetic pain and unable to move. We have done its surgery and are waiting for its healing process. Kindly donate for its recovery.





## Introducing a Happy Vegan Family, Aviram Rozin & Yorit

Where both the children are born Vegan. Of course! they have taken care about Vitamin B12 and D. We visited their Sadhana Forest, in Auroville, Pondicherry. There they were not using cow or buffallow dung, instead they would use human feces for growing their fruits and vegetables. We were really wonder struck about their passion and their committment.

They are happy to welcome volunteers any time of the year and always have plenty of space for them!!! They are fully committed to accept everyone who wishes to volunteer with them and help recreate their forest.

Volunteers should not to use drugs and alcohol during their entire stay at Sadhana Forest, whether inside or outside of Sadhana Forest!!! If you think you cannot stop using these

substances for the length of time of your stay here, please find another project.

Sadhana Forest is a smoke free



community. Volunteers mainly work on modifying the land for water conservation, plant, mulch and water trees according to season, volunteers

work in little vegan-organic vegetable garden, maintains the community area, and spend time with the community kids.

Free facilities for volunteers include a small swimming pool, free 24/7 unlimited access to the internet with your own laptop, a small collection of books, the use of several bicycles and a playground for children.

They appreciate creativity and initiative and welcome any ideas, you may have to improve their project and the community.

We practice an eco-friendly way of life including veganism, alternative construction, solar energy, biodegradable toiletries, and compost toilets.

Please visit their website: <http://sadhanaforest.org>

### Singapore is the birthplace of VeganBurg, the world's first Vegan Burger outlet!

The first of its kind in Singapore, this new fast-food concept founded on a plant-based diet has the intention to save the world, one burger at a time.

Their slogan "Once Bitten, Twice Wise" extols the virtues of going meat-free at least one day a week. Alex Tan - founder and creator of Veganburg – firmly believes that everyone can play a part in inducing change for good, just through this one easy step. "We are not asking everyone to become vegans or vegetarian but to just consider committing to a meat-free day once a week for a start," says the Burger Director of Veganburg, who has been a Vegan for 14 years for reasons of health and world issues.

"Hopefully given an awareness of how a meatless diet will have a positive impact on our planet, more people will eventually make the responsible choice of having meat perhaps only on weekends or special occasions, much like the way our ancestors did in the 1950's.

With preservative-free juices without added sugar and wholesome sides such as Vegan Franks and Potato Spinach Pops, Veganburg offers complete and hearty meals at affordable prices. The funky industrial-safari inspired décor of the corner outlet in the quiet, laidback enclave of Eunos is already a welcome haven for regulars in the neighbourhood and even those who live further away.

Veganburg is in the process of expanding through a franchise scheme so that there will be more outlets on the island to support their meat-free revolution. The outlet also delivers to households and organisations in the immediate vicinity with an aim to establish an island-wide delivery service by 2012.

*"If the whole world went vegan, there would be less war. How you eat determines your mood and your outlook on life."*

*-Alexandra Paul*

### Monthly Vegan Potluck



16th April, Saturday  
at 4 pm, Rani Park, Cubbon Park,  
Bangalore.

Contact Karol at 9945977055 or  
Manuj 9880223323

*Do not forget to bring a vegan dish. If you cannot cook, bring fruits or juices.*





## Jains and Veganism

Veganism is embraced by some, misunderstood by some, and resisted by others in the Jain Community. The primary tenet of Jainism is Ahimsa, or non-violence. Bhagwan Mahavir's message in the Acharanga Sutra is clear: "all breathing, existing, living, sentient creatures should not be slain, nor treated with violence, nor abused, nor tormented, nor driven away." The central philosophy of Jainism and veganism are not only similar but also complementary and in pursuit of an Ahimsa life, Jains should respect and embrace veganism.

Vegans recognize that as an ethical matter, milk, even "organic" or "humane" milk is inherently a product of violence. Some people believe that milk production in India is still humane but the truth is otherwise. If you are not sure about this, you should visit a dairy farm or read about it in Pravin K. Shah's My Visit to a Dairy Farm, which is archived in the Jain collection at Harvard University and can be found at <http://www.fas.harvard.edu/~pluralism/affiliates/jainism/ahimsa/dairy.htm>. The meat and milk industries are

inextricably linked; they are two sides of the same violent coin. Cost of beef is subsidized by the sale of milk and leather. All livestock in a dairy farm are predestined for the slaughter house: new born male calves for veal within six months of birth and the remaining female cows by the age of five years when milk production starts to decrease. The natural life span of a cow is more than 20 years.

Some Jains point to scripture, which indicates that Tirthankaras consumed some milk products. It must be remembered, however, at that time there was very little animal agriculture and no intensive or "factory" farming. Moreover, at that time, there was not enough grain produced to feed people. So taking small amounts of dairy products may have represented the minimum amount of Himsa necessary given conditions then. Cows were treated as revered members of the family and the animals were not commodified or killed even when they stopped producing milk. But that is not the situation now. According to Jain theory, milk and milk products are considered Vigayee or Maha-Vigavee and are prohibited during Aymbil.

Therefore, eliminating (or minimizing) the use of milk or milk products is not a strange or alien concept to Jains.

There are now convenient and tasty substitutes for milk, ice cream, yogurt, butter and ghee, as well as alternatives to leather, silk, wool, pearls, etc. American Dietetic Association has a position paper that explains how vegan diets help manage and reduce chronic degenerative disease like heart disease, cancer, stroke, diabetes, obesity and others. Although vegan ideals are becoming more common among Jain youth, the older, more tradition-minded generation resists it. We have to examine our himsa footprint in everything we consume. Vegan theory is closest to Jain ideals and a step ahead of just being vegetarian. Veganism is a natural expression and expansion of our highest ideals of Ahimsa. There is no other religion or philosophy that comes closer to the Jain philosophy of non-violence as ethical veganism does. When we understand the true basis of their belief as Jiv Daya we must develop respect for their commitment and embrace vegans as our soul mates.

-Dilip V. Shah

### One of the Many Reasons to quit milk

Thought of sharing this recent article with you guys! It points out to the fact that compounds in tea responsible to reduce fat absorption are neutralised due to addition of milk. Some other studies prove milk can destroy heart protecting ability of tea.

Milk in tea could be preventing weight loss:

<http://www.telegraph.co.uk/health/healthnews/8408416/Milk-in-tea-could-be-preventing-weight-loss.html#>

Milk in tea 'blocks health gains'

<http://news.bbc.co.uk/2/hi/6241139.stm>

In the past, I have been successful in making many people cut down their milk consumption. I ask them to opt for lemon tea/green tea for one week. Almost everyone who has tried this experiment has shared the same experience i.e. The taste of milk tea makes them sick. They just can't go back to consuming milk tea. As we all know families in India use milk primarily for tea. If we all spread awareness on the aspect mentioned above. We shall see a considerable reduction in milk consumption.

- Amruta Ubale



### Summary of Work Done

Dogs (Inpatient) - 09 treated; Dogs (Outpatient) - 30 treated and released; Pigeons - 18 treated and released;





## Recipe of the Month Indian Curry with Chickpeas and Mango

### Ingredients (use vegan versions):

1 tablespoon oil, 1 large onion, chopped, 2 tablespoons red curry paste (I use Patak's mild curry), 1 cup coconut milk (about 1/2 a 14 ounce can), 1 (14-ounce) can chickpeas, drained, 2 fresh tomatoes, chopped, 1/2 cucumber, chopped, 1 mango, chopped.

### Directions: This recipe is absolutely delicious and very hard to screw up!

1. Heat the oil in a large, deep frying pan. Add the onions and let simmer until the onions become translucent. Add the curry paste and stir around for 1 minute.
2. Add the coconut milk and the chickpeas and let simmer for a couple of minutes. Then add the cucumber and tomatoes and let simmer for another couple of minutes.
3. At last, add the mango, let simmer until the mango is warm.

Serve with some fresh naan-bread or pappadums (indian crisps), yummy!

Makes: 2 big servings, Preparation time: 10 minutes, Cooking time: 15 minutes

### Congratulations!



KRUPA has seen a retrogressive period for last 3 years. We hope KRUPA will get back its fame and reach a progressive state in the hands of Champalalji Kothari, the new Managing Trustee. We wish him all the best.

### Heart-felt Gratitude for your Donations

Dr. Bipin K. Parek, Nasik; Gita Krishna Trust, Bangalore; Varna Paints & Allied Products, Bangalore; Manisha G; V. Sudha;



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### Animal Rights Fund

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